



GROUP EXERCISE CLASSES

CENTRAL LINCOLN COUNTY YMCA

SESSION DATES: Sun 11/2 - Sat 11/29

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
6:00-6:45am TOTAL BODY CHALLENGE w/ Becky		6:00-6:45am TOTAL BODY CHALLENGE w/ Becky				
7:00 - 8:00am HATHA YOGA w/ Elena	7:00-8:00am FIT PICKLE w/ Georgia (\$)	7:00 - 8:00am HATHA YOGA w/ Elena	7:00-8:00am FIT PICKLE w/ Georgia (\$)	7:00-8:00am HATHA YOGA w/ Carol		
8:15-9:15am HATHA YOGA w/ Justine	8:00-9:00am PILATES w/ Cynthia	8:15-9:15am HATHA YOGA w/ Justine	8:00-9:00am PILATES w/ Cynthia	8:15-9:15am VINYASA YOGA w/ Carol	8:00-8:45am CYCLING w/ Kristie	
8:00-9:00am LIVING FIT w/ Cynthia Gymnasium		8:00-9:00am LIVING FIT w/ Cynthia Gymnasium		8:00-9:00am LIVING FIT w/ Sherry & Denise Gymnasium		
9:15-10:15am ZUMBA® GOLD w/ Debra Gymnasium	9:15-10:15am CYCLING w/ Meredith		9:15-10:15am CYCLING w/ Meredith		9:00-10:00am TOTAL BODY CHALLENGE w/ Becky	
9:30-10:15am STRENGTH & CORE w/Anna		9:30-10:15am STRENGTH & CORE w/ Anna		9:30 - 10:15am LEGS & CORE GALORE w/ Anna		
10:30-11:15am CYCLING & CORE w/ Casey	10:30-11:30am STRENGTH TRAINING w/ Cynthia		10:30-11:30am STRENGTH TRAINING w/ Cynthia	10:30-11:15am HIIT w/ Casey		10:00-11:00am STRETCH & DANCE FUSION w/ Justine (\$)
10:30-11:30am ENHANCE FITNESS w/ Debra (\$)		10:30-11:30am ENHANCE FITNESS w/ Cary (\$)		10:30-11:30am ENHANCE FITNESS w/ Cary (\$)	10:15-11:15am ZUMBA® w/ Ejaye	11:15-12:15pm MINDFUL DANCER w/ Justine (\$)
11:30 - 1:00pm FUN CHAIR YOGA w/ Elena (\$)		10:30 - 12:00pm GENTLE ACCESSIBLE & CHAIR YOGA w/ Elena (\$)				
11:00-11:45am BOXING & STRENGTH w/ Teresa (\$)		11:00-11:45am BOXING & STRENGTH w/ Teresa (\$)			11:30-12:15pm FLEX & STRETCH w/ Ejaye	
AFTERNOON CLASSES						
	12:00-1:00pm CARDIO TENNIS w/ Melissa	1:00-2:00pm LIVE BALL TENNIS w/ Johnny (\$)		12:00-1:00pm LIVE BALL TENNIS w/ Johnny (\$)	2:00 - 3:00pm FOUNDATIONS YOGA w/ Elena	
4:45-5:45pm PIYO w/ Tanya	4:15-5:00pm CYCLING w/ Sarah	4:00-5:00pm YIN YOGA w/ Justine	4:15-4:55pm CYCLING w/ Sarah			
5:00-5:45pm BOXING & STRENGTH w/ Teresa (\$)	5:45-6:45pm TOTAL BODY CHALLENGE w/ Hannah	5:00-5:45pm BOXING & STRENGTH w/ Teresa (\$)	5:05-6:00pm TABATA STRENGTH w/ Kristie			
5:00-6:00pm RED BALL TENNIS w/ Johnny		5:00-6:00pm CARDIO TENNIS w/ Johnny			For more information: chfort@clcymca.org	
PLEASE REGISTER MONTHLY FOR CLASSES YOU ARE ATTENDING		CLASSES ARE FREE FOR MEMBERS NONMEMBERS & NATIONWIDE MEMBERS: 10\$/CLASS			ALL CLASSES IN RED HAVE A FEE FOR MEMEBERS AND NON MEMEBERS	